
Boiled Fresh Shrimp

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Immerse fresh shrimp in hot water to cover. Bring to a boil quickly. Turn off the heat and allow to stand in water for 10 minutes. Drain and cool quickly.

Peel off the shells and, with a sharp paring knife, lift out the sand vein. Flush under cold running water and drain.

One pound of shrimp yields about one-half pound of cooked, shelled meat or three to four servings.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .